

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

MAY 13, 2005



The Village Canoe Tour is a leisurely cruise through the villages of Polynesia that allows visitors to rest their heels and see the village presentations from a different perspective: Polynesian Cultural Center's lagoon.

WHERE THE SEA MEETS THE SKY

Polynesian Cultural Center educates, entertains, excites in equal measures

**Story and Photos By
Susana Choy**
Lifestyles Editor

In the Marquesas Islands it's "Kaoha." In Samoa it's "Talofa." At the islands of Aotearoa, or Maori New Zealand, it's "Kia Ora." Here in Hawaii it's "Aloha." No matter how you say it, the Polynesian Cultural Center welcomes one and all to immerse themselves in the cultures of seven of about three dozen groups of Polynesian peoples.

Located in the idyllic town of Laie on the North Shore of Oahu, the center is a culturally themed attraction that highlights the islands of Tonga, Fiji, Tahiti, Samoa, Aotearoa, Marquesas and Hawaii.

Each island community is staffed with friendly and knowledgeable guides, native to the corresponding island group exhibit, who can often be found dancing, teaching weaving techniques, creating native craft items and other cultural activities. In addition, a host of shows, hands-on activities and demonstrations await visitors at each island presentation. For PCC to be better appreciated, arrive early and allow for time to stroll through the villages, mingle with the natives, and participate in the many games and activities available at each village.

The Village Canoe Tour, "Rainbows of Paradise" canoe pageant, two IMAX films, choice of luau, and the "Horizons" night show round out the bulk of the center's attractions.

The canoe tour is a leisurely cruise through the villages of Polynesia that allows visitors to rest their heels and appreciate the village presentations from a different perspective: PCC's man-made lagoon that winds through its 42-acre property. When the weather allows, guests can drift past the island exhibits in a twin-hulled canoe, listening to information-laden narration by the often humorous guides.

The center's Rainbows of Paradise canoe pageant introduces performers in colorful costumes, dancing and playing music — a floating showcase of culture on the lagoon. "Dolphins" and "The Living Sea," are the two documentaries currently showing on the center's 40-foot-tall IMAX screen. Dolphins spotlights the very playful and beloved mammals of the sea, while The Living Sea emphasizes the dependence of all life upon the ocean and that all oceans are interconnected.



Above — Kapenata Tafari, a Samoan presenter and artist, blows on a coconut husk as part of the fire-starting demonstration during the feature presentation at the Samoa Village. Inset — The Samoan marketplace is filled with a diverse selection of art pieces, sculptures, Samoan cultural crafts and mementos.

For the famished, guests can choose between one of two luau packages or dine at any of the seven snack bars and restaurants at PCC. The most popular luau at the center, the Alii Luau, is also the winner of the 2004 Kahili Award for preserving Hawaiian Culture, where the pigs are still roasted in an "imu," or fire pit, and the hula is performed. Benny Kai, also known as Cousin Benny, serves as the master of ceremonies and performs a smoking ukulele solo and impressive impersonations of Tiny Tim singing "Tiptoe Through the Tulips," Elvis singing "Blue Hawaii," and Louis Armstrong singing "What a Wonderful World."

Polynesian Cultural Center is

also home to the World Fireknife Dance Competition, in its 13th year this year. For those unfamiliar with this relatively modern tradition, it is based on the ancient gestures of Samoan warriors who wielded a wooden hand-held weapon called the "nifo oti," or "deadly tooth." Fire was added to this weapon in 1946, and the fireknife dance was born. "This unique event combines great athletic skill, unflinching bravery, and ever-present danger to bring out the best in these competitors," said Pulefano Galeai, cultural islands director at PCC and founder of the annual competition.

The competition was started to preserve and share Samoa's unique tradition of fireknife dancing. The knives will cut, and the fire will burn. The dangers of both are very real and the only protection competitors enjoy is a short lavalava wrapped around their waist. There are no protective oils, gloves or fire-retardant suits worn to save their hair and skin from the fiery knives that are often twirled at blinding speeds. Often, competitors will put themselves in positions to contact the burning blades with their mouth, back, hands and feet. This year, more than 40 competitors are expected to amaze audiences with their fiery displays of skill and bravery.

The semifinals will be held



Photo Courtesy of Polynesian Cultural Center

2004 World Fireknife Dance Champion Alexander Lefolasa Galeai, who works at the PCC as a musician-drummer and back-up fireknife dancer, started at age 5 to learn the dance from his father — Pulefano Galeai, a famous dancer in his youth who originated the PCC's World Fireknife Dance Competition 12 years ago.

tonight and the finals, Saturday night during both the 6 and 8 p.m. shows. Both legs of the competition will be held during the intermissions of the two evening shows, "Horizons: Where the Sea Meets the Sky," the award-winning

show that spotlights the cultural dances of each featured island group at the center. The winner will be announced at the end of the 8 p.m. show.

Plan to spend about two days at the Polynesian Cultural Center's expansive property, which packs more activities, attractions, and displays that can be leisurely enjoyed in a day; but don't worry about having to pay for admission twice because PCC encourages visitors to return and enjoy themselves at the center again for free, within three days, with the purchase of an all-day package.

In recognition of Military Appreciation Month, armed forces members and their families can purchase special military buffet packages at the cost of \$31.50 for adults and \$22.50 for children 3 to 11. This package includes admission to the center, a buffet at the Gateway Restaurant and entrance to the "Horizons: Where the Earth Meets the Sky" evening show. Those who reserve packages for tonight or Saturday will also be able to watch the 13th Annual World Fireknife Competition.

To make reservations or for more information, call the center at 293-3333 or visit their Web site at www.polynesia.com.



A Marquesas native shows Michelle Hart and Peter Heness, Australian visitors, how to weave fish from a leaf. The Marquesas village offers cultural demonstrations such as weaving, a mock pig hunt and romantic song and dance.

Texas Hold ‘em rules explained

All Hands Texas Hold ‘em promises a packed house

Yibeli Galindo-Baird
MCCS Marketing

There are games of strategy, games of skill, games of physical prowess and games of mental fortitude. Texas Hold ‘em, one of the many versions of poker, rolls up all these traits into a game that demonstrates why this is such a challenging and popular game.

If you have not played or watched a Texas Hold ‘em encounter, here’s the perfect opportunity to witness the best on the base. The top players from The Officers’ Club, the Staff NCO Club and Kahuna’s Sports Bar & Grill will gather at the SNCO Club on Saturday at 6 p.m. to prove why they are the top in their class.

“Texas Hold ‘em has picked up in popularity across all bases and K-Bay is no exception. Both the players and the people that come to watch have a good time,” said Dickson Alvarado, general manager of the SNCO Club. He adds that Texas Hold ‘em is an event that keeps on drawing a good crowd and will continue to be available at the clubs on a regular basis.

For those unfamiliar with Texas Hold ‘em or its terminology, refer to the sidebar for a few guidelines and basic rules, as adapted from on www.detroit.com/onlinepoker/texas-holdem-rules.php.

Up to 10 players plus a dealer are seated around a table. A round disk or “dealer button” is kept in front of



Photo Courtesy of MCCS Marketing

The Staff NCO Club will host the All Hands Texas Hold ‘em on Saturday, 6 p.m. This popular type of poker has won over players of all ranks an experience levels and is sure to make for an entertaining evening.

one of the players. This dealer button determines the order of betting and moves to the left one player at a time, after each hand.

At the beginning of each hand, two players directly to the left of the dealer button must “post blinds” before the cards are dealt. To post a blind is to place a bet before getting cards. The player to the immediate left of the dealer button posts the “small blind,” equal to half of the minimum bet, e.g. \$5 for a 10–20 game. The Texas Hold ‘em Poker player to the left of the small blind posts the “big blind,” equal to the amount of the minimum bet, e.g. \$10 for a 10–20 game.

Once the blinds have been posted, the first round of cards is dealt. These consist of two cards face down to

each player, and are called the “pocket” cards. Each player can see his or her own pocket cards. Then the first round of betting takes place, beginning with the player immediately to the left of the “big blind” and continuing in a clockwise direction around the table.

Bet amounts are usually fixed by the table stakes. For example, in a 3/6 table, bets are \$3 in the first two rounds and \$6 in the last two. The bet amount can go up a maximum of three times in each round of betting of the game. In other words, there can be one bet and three raises in each round.

Next, three cards are dealt face up in the middle of the table. These cards are called the “flop.” All three cards are “community” cards and can

be used by all the players at the table to make up their hand.

After the flop is dealt, a second round of betting takes place. Again, beginning with the player immediately to the left of the dealer button. All subsequent rounds of betting begin with the player to left of the dealer button.

Following this, a fourth “community” card is dealt face up in the middle of the table. This card is called the “turn card” and can also be used by all players. It is followed by a third round of betting.

Finally, a fifth and final “community” card is dealt face up in the middle of the table. It is called the “river card” and is followed by a fourth and final round of betting.

After all the cards are dealt, it becomes time for the showdown. Once all betting is complete, players determine the best five-card hand that they can make using any combination of their pocket cards and the community cards. The player with the best five-card poker hand wins the pot. After a hand is completed and the winner takes the pot, the dealer button is moved one player to the left, and the next hand begins.

While it may sound simple, only those who have become adept at this game can make the most of the winnings, even if the prize involves only the pride of being able to boast the title of winner.

Texas Hold ‘em, however, isn’t all about the game. With refreshments available for all patrons, even if you don’t play, you are bound to win with the food. “We do our best to make sure that the pupus and beverages we offer are good and plenty for everyone to enjoy,” added Alvarado, who has hosted several of these

poker events and has come to know what the regular attendees prefer to eat and drink.

For more information, call the SNCO Club at 254-5481.



- Poker Hands — from strongest to weakest hand:
- Royal Flush:** Ace, King, Queen, Jack, 10 all of the same suit. It is the best possible straight flush.
 - Straight Flush:** Any consecutive five-card sequence of the same suit.
 - Four of a Kind:** Four cards of the same rank, and a fifth unrelated.
 - Full House:** A set of three and set of two cards of the same rank, any suit.
 - Flush:** Any five cards of the same suit, but not in sequence. This is different from straight.
 - Straight:** Five cards in sequence, but not of the same suit.
 - Three of a kind:** Three cards of the same index.
 - Two pair:** Two separate pairs, and a fifth unrelated card.
 - One Pair:** Two cards of the same rank and three other unrelated cards.
 - High card:** Also known as “busted card” consisting of five unrelated cards. Does not count as anything.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna’s Sports Bar & Grill
254-7660/7661

Live music at Kahuna’s — Check out one of Hawaii’s best rock

bands that play everything from ‘70s classic rock, ‘80s metal to today’s alternative and hard rock hits!

Welcome Slug back to Kahuna’s for their live gig from 10 p.m. There’s no better way to celebrate Fridays!

“Beat your Boss” Night at Kahuna’s — It’s Bosses’ Night with a twist. Bring your boss to the club for an evening of friendly competition. Play trivia on the big screen or plasma TVs in either a rank vs. rank or unit vs. unit modality for the chance to prove your mental superiority.

The event runs from 4:30 to 6:30 p.m. with bull rides and free pupus.

All Hands

LINKS Class at Camp Smith — Lifestyle Insights, Networking, Knowledge and Skills, or LINKS, is the perfect class for the husbands and wives of service members who are new to the island or the military lifestyle.

LINKS provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life. This one-day session, the only one offered this month, will take place today, from 8:45 a.m. to 4:30 p.m., at the Sunset Lanai.

For more information, call 257-2368.

Armed Services YMCA Father-Daughter Dance — Tickets are now on sale for the ASYMCA’s 6th Annual Father-Daughter Dance, to be held May 14.

This special evening engagement will take place in The Officers’ Club’s Lanai Ballroom, from 5 until 9 p.m.

Tickets are \$12 per person and include a dinner buffet, door prizes and entertainment. The memories will be priceless.

Fathers are expected to wear formal civilian or military attire, and daughters should wear formal or party



dressess.

Professional pictures will be available upon request for an additional fee.

Space is limited for this affair to remember so call the ASYMCA today at 254-4719.

Job Fair — The annual MCB Hawaii Job Fair will be held Friday, from 9 a.m. to noon at Kahuna’s Community Ballroom.

The job fair is open to all active duty personnel, family members, retirees, reserve Marines and DoD employees.

This is a great opportunity for job seekers to network with local and government agencies and apply for job vacancies. Bring your résumés and dress appropriately. Due to the professional nature of this event, children will not be admitted.

For more information, visit the Joint Employment Management System’s Web site at www.JEMSHawaii.com and click on Job Fair/Events in the side menu or contact Roberto Katekaru, at 257-7790.

This event is jointly sponsored by Marine Corps Base Hawaii’s Marine and Family Services and the Joint Employment Management System.



phone number.

Entries can be submitted at the VTF or at any of the drop boxes located at the K-Bay Commissary, the Marine Corps Exchange, Lava Java’s, Kahuna’s Bar & Grill, the Semper Fit Center, the Child Development Center, or the post office. At Camp Smith, look for drop boxes at the Pacific Command Eatery and at the Information, Travel and Ticket office at the Marine Corps Exchange lobby, on the second deck of the Marine Forces Pacific building.

Deadline for submissions is Friday. The winner will be selected the following weekend. All participants’ photos will be posted at the VTF. First-, second- and third-place winners will receive flea, tick and heartworm prevention medicine.

For more information, call 257-3643.

Get Your Lunch on the Go at Kahuna’s — Need to grab a tasty bite to eat, but don’t have time to sit down at Kahuna’s? No problem — just call the lunch pick-up line at 254-4183 and place your lunch order between 10:30 a.m. and 1:15 p.m., Mondays through Fridays for quick and convenient pick up at the bar.



Members pay 65 cents per ounce; nonmembers can enjoy this dinner for 75 cents per ounce.

Reservations are highly recommended, as this evening tends to fill up quickly. For reservations and more information, call 254-5481.

Storage Lockers at Kaneohe Bay Reservations — Locker reservations are being accepted for one of more than 250 units — now that the new reservation system has been installed.

Have your credit card information ready when calling to reserve a unit.

Contact The Lodge for pricing, unit size and additional reservation requirements by calling 254-2806.

ASYMCA Playmornings — Military parents and kids can spend quality time together on a daily basis from 9:30 to 11 a.m. at one of our five different sites on base. There are games, crafts, songs and other entertaining activities. Parents can also receive information on positive parenting techniques. The program is free, requires no registration, and takes place at the following locations: Mondays at the ASYMCA in Building 1638, Tuesdays in Building 477 (old Teen Center), Wednesdays at the Super Playground, Thursdays at the Connor Loop Playground, Fridays at the Super Playground, and rainy days at the ASYMCA in Building 1638.

Call the Armed Services YMCA at 254-4719 for more information.

Discount at Fairways Sports Grill — The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways is now offering reduced pricing for SNCO Club members from 11 a.m. to 1 p.m. on those days.

Remember to show your valid membership card to activate your discount. With their delicious and quick menu items, Fairways is the place to eat!

For more information, call 254-5592.

Mongolian Barbecue at the Staff NCO Club — Take part in the newest and tastiest dinner alternative: Mongolian barbecue at the Staff NCO Club.

Every Thursday from 5:30 to 8:30 p.m. enjoy the colorful and fresh selection of meats, vegetables, spices, oils, and other ingredients to make a dish that will satisfy the hungriest of eaters.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna’s Recreation Center. Get more details on activities at mccshawaii.com under the “Semper Fitness” icon, or call 254-7593.

SM&SP Offers Maui Island Excursion: If you have yet to visit Maui, this is the perfect opportunity to explore in good company. The excursion takes place Memorial Day Weekend, and costs \$350 per person. The fee includes airfare, shared accommodations and rental vans. A nonrefundable deposit of \$100 along with your registration is due by May 16. There is a limit of 12 participants. Note that the event may be cancelled if minimum participation is not met. Spread the word and get ready to travel with your closest buds! To secure your seat, call 254-7593.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

The Ring 2 (PG-13)	Today at 7:15 p.m.
Hostage (R)	Today at 9:45 p.m.
Miss Congeniality 2 (PG-13)	Saturday at 7:15 p.m.
Hostage (R)	Saturday at 9:45 p.m.
Ice Princess (G)	Sunday at 2 p.m.
Robots (PG)	Sunday at 6:30 p.m.
Robots (PG)	Wednesday at 6:30 p.m.
Guess Who (PG-13)	Friday at 7:15 p.m.
Miss Congeniality 2 (PG-13)	Friday at 9:45 p.m.

Wife of K-Bay Marine to compete in national pageant

Cpl. Michelle M. Dickson
Combat Correspondent

Created in 1986 in honor and admiration of married women of beauty and intelligence in the United States, the Mrs. United States pageant was founded by Isabella Ilacqua.

Over the years, women from every state have competed in the event and this year, representing Hawaii, is a spouse who lives aboard Marine Corps Base Hawaii, Kaneohe Bay.

As a 37-year-old wife and mother of two, Kerry S. Cecil had never expected since her youth that she would compete in anything of this caliber — let alone to compete in anything at all.

“I had done a couple of pageants a long time ago, but was completely intimidated by them and the people there,” said the Bellflower, Calif. native. “Although I did well, I always felt like a fish out of water.”

Cecil’s first pageant was the 1975 Miss Bellflower Pageant, her first win, although she said she had never wanted to enter in the first place.

“I was always quiet in school, and my math teacher suggested I do it,” said Cecil. “I didn’t think I’d win because of all the popular girls that had entered. It was shocking, and it made me realize, at that age, that outside the clicks and popularity contests how equal we all were.”

After that, although successful, Cecil said that pageants and modeling were not for her and pursued other things. While working at a



Photos Courtesy of Kerry S. Cecil

(Clockwise from left) Kerry S. Cecil, Master Sgt. Eric Cecil, Josh, 13, and Kane, 9, pose for a family portrait. Kerry is a contestant for the 2005 Mrs. United States title.

restaurant-theater in California, she met her future husband, Master Sgt. Eric Cecil, intelligence operations chief, Intelligence, Marine Forces Pacific. From there, she dedicated her life to her family and the Marine Corps, volunteering for anything she could.

“I love being a part of the Marine Corps,” said Cecil. “They are always there to help and defend. I love everything it stands for.”

While living at Camp Pendleton, Calif., Cecil was the Key Volunteer Coordinator for Headquarters Battalion, 1st Marine Division

during Operation Iraqi Freedom from 2002 until 2003, helping more than 700 military families. She raised money for scholarships for children of military members killed or wounded in action and volunteered for countless other causes, while starting a family with her husband, who was deployed in support of Operations Enduring and Iraqi Freedom.

Now living in Hawaii and happily married for 15 years, Cecil is raising two sons with the help of her husband. A couple of months ago, he suggested doing a pageant, and she thought she’d give it another try.

“In Camp Pendleton, I had done the 2001 Ms. Semper Fi pageant where I placed in the top 10,” said Cecil. “I thought this time I might give it another try.”

The Mrs. United States pageant is much larger than any of the other pageants Cecil has experienced before, and much more costly. The final pageant will take place July 28 in Las Vegas, and the whole family will be there to support her.

“That’s really the hardest part of it all,” said Cecil. “My family is so supportive, and I know how much this is costing. It’s so hard to get sponsors out here, but we’re all just hopeful that we will find some in the near future.”

As far as moral support and positive reinforcement, the family is there the whole way, said her husband.

“After all she does for everyone else, she needed to do something for herself for once,” said Eric Cecil. “I’m so proud of her, and this is truly what she deserves for always giving what she can to help someone else.”

Prevent loneliness by getting involved

Mabel Gibson

LIFELines.navy.mil/LIFELines.usmc.mil

Your goodbyes have been said. The tears have trickled down your cheeks and now they’re dried. Then it hits you again — gone for six months. How in the world can you be so lonely in just two days? How are you going to make it through the next 178 or more days? Well, take heart. It’s easier than you think.

First of all, you need to get involved. Sitting and watching soap operas or Oprah is definitely not the answer!

Volunteer

You will not believe how many opportunities there are to volunteer — even right on base. There’s the Navy-Marine Corps Relief Society, American Red Cross and Naval Services Familyline. Be a Key Volunteer, mentor at a local school, volunteer at the Thrift Shop, volunteer to be a Sunday school teacher or help with child care during chapel services — you might even sign up to be a coach.

Get a job

The job market is pretty “hot”

right now. Despite the downturn in the market, businesses are still looking for help — and not just full time. Part-time opportunities abound. To combat loneliness pick a job that involves other people. You won’t be nearly as lonely if you have co-workers to talk to. If it’s a fun job that’s even better because it’s really true — time flies when you’re having fun. Check in at the Fleet and Family Support Center for Navy, or at the Marine Corps Community Services Center. People there can help you write a résumé and even give you hints on how to dress for success.

There are even jobs on base. Morale, Welfare and Recreation, or the Commissary and Exchange may have openings. Family centers can also point you in the right direction.

Play a sport

MCCS on board your installation offers all sorts of sporting events: baseball and softball, soccer and bowling, tennis and aerobics, swimming and basketball, and many more. Give it a shot. If you’re worried that you are a klutz, there are associated opportunities — like scorekeeper, team manager, field

supervisor, assistant coach, and team mother/father for example. And, you don’t even have to be Shaq, Cal or Venus to be good!

Go to school

Online, in the community, or on base, educational opportunities abound. They are reasonably priced and the range of topics offered is mind-boggling. Whether you learn to fix your car, be a gourmet cook, pick up the hula or become a nuclear physicist, it’s all up to you.

See LONELINESS, B-6

Asian-Pacific American Heritage Month

MCB Hawaii honors Asian-Pacific Americans

Editor's Note: In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution to proclaim the first 10 days of May as Asian-Pacific Heritage Week. The following month, Senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate — both bills were passed. President Jimmy Carter signed a Joint Resolution on Oct. 5, 1978, making Asian-Pacific

American Week an annual celebration. Then, in May 1990, President George H.W. Bush designated May as Asian-Pacific American Heritage Month.

During the month of May, which celebrates Asians and Pacific Islanders in the United States, a salute is extended to the Asian-Pacific American service members and civilian employees assigned to Marine Corps Base Hawaii, Kaneohe Bay.

ADCS(AW) Isaac Wise

Patrol and Reconnaissance Wing

Navy Senior Chief Petty Officer Isaac Wise, an aviation machinist's mate, whose ethnic background can be traced back to Hawaii, Japan and China, is currently serving as senior enlisted advisor for Commander, Patrol and Reconnaissance Wing, Naval Support Department on Marine Corps Base Hawaii, Kaneohe Bay,

The Asian-Pacific Sailor has spent his naval career working at commands located in Hawaii, Japan, and San Diego and Point Mugu, Calif. During his 22 years of service, he has completed 13 deployments, which is reflected by the two silver stars — each equivalent to five years — that he wears on his Sea Service Ribbon.

When asked what influenced him to join



Photo Courtesy of YN1 Korin A. Ross

WISE

Wise not only provides guidance to junior enlisted personnel, he spends his off-duty time, refereeing and is a coach for two American Youth Soccer Organization soccer teams — one of which won last year's championship.

WORD TO PASS

Public Welcome to Combined Military Band Concert
AT&T will sponsor this year's Combined Military Band Concert at the Hawaii Theatre from 7 to 8:30 p.m., Saturday.

Top musicians from the U.S. Army, Navy, Air Force, Marine Corps, Coast Guard and Hawaii Army National Guard will combine their talents to provide an evening of music ranging from patriotic themes to Broadway tunes.

This concert is open to the public, and free tickets are available on a first-come, first-served basis at the Hawaii Theatre and the Chamber of Commerce of Hawaii.

For more details, call the CoC of Hawaii at 545-4300.

Volunteers Wanted for Coconut Island Clean Up
All are invited to help "clean the beach," on Coconut Island, May 21.

Volunteers will be picked up at the Marine Corps Base Hawaii marina at 7:45 a.m., taken to Coconut Island and returned to the marina at 1:30 p.m. Lunch and drinks will be provided.

Children, under the supervision of Julie Thurston, will clean the beach while adults clear brush from the island. Tide will be high at noon so swimming in the salt-water pool will be at its best. Remember to wear appropriate clothing; i.e., long-sleeve shirt and closed-toe shoes.

To volunteer, call Jim Lakey

at 236-7435 or 782-6150 or contact him by e-mail at lakeyv001@hawaii.rr.com or lakey@hawaii.edu.

MCAF Invites Command to Family Day
Take some time off to enjoy some camaraderie at Marine Corps Air Facility's Family

See WTP, B-5

ON THE MENU

AT ANDERSON HALL

Today
Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Glazed Carrots
Simmered Black-Eyed Peas
Brown Gravy
Sugar Cookies
Fruit Pies

Brunch/Dinner
Roast Turkey
Beef Pot Pie
Mashed Potatoes
Buttered Egg Noodles
Calico Corn
Simmered Broccoli
Turkey Gravy
Sugar Cookies
Fruit Pies

Saturday
Brunch/Dinner
Baked Lasagna
Chicken Parmesan
Spaghetti Noodles
Marinara Sauce
Italian Mixed Vegetables
Simmered Peas and Carrots
Pizza Sliced
Garlic Bread
Marble Cake
w/Chocolate Icing
Fruit Pies

Sunday
Brunch/Dinner
Barbecue Beef Cubes
Baked Turkey and Noodles
Steamed Rice
Simmered Cabbage
Tomato Gravy
Ginger Molasses Cookies
Spice Cake
w/Butter Cream
Frosting



Monday
Lunch
Meat Loaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Simmered Peas
French Fried Cauliflower
Brown Gravy
Chocolate Chip Cookies
Fruit Pies

Dinner
Beef Brogul
Fresh Baked Cajun Fish
Mashed Potatoes
Rice Pilaf
Club Spinach
Mixed Vegetables
Brown Gravy
Chocolate Chip Cookies
Fruit Pies

Tuesday
Lunch
Simmered Corned Beef
w/Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Fried Cabbage
Peanut Butter Cake
w/Peanut Butter Frosting
Fruit Pies

Dinner
Turkey Pot Pie
Sweet and Sour Pork
Steamed Rice
Jefferson Noodles
Simmered Pinto Beans
Peanut Butter Cake
w/Peanut Butter Frosting
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar

Wednesday
Lunch
Pork Adobo
Beef Yakisoba
Pork Fried Rice
Vegetable Stir Fry
Oatmeal Cookies
Strawberry Shortcake
Fruit Pies

Dinner
Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Baked Macaroni and Cheese
Oatmeal Cookies
Strawberry Shortcake
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Country Bar

Thursday
Lunch
Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
French Fried Okra
Marble Cake w/Chocolate
Cream Frosting
Pineapple Upside-Down
Cake
Fruit Pies

Dinner
Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Rice Pilaf
Boiled Egg Noodles
Marble Cake w/Chocolate
Cream Frosting
Pineapple Upside-Down
Cake
Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar

WTP, From B-4

Day, Friday, from 2 to 6 p.m. at Annex Field across from the Semper Fit Gym.

Bring the family down to enjoy good food and drinks, music, a dunking booth, a tug-of-war contest, and even volleyball for those interested. And just for the children, there will be a bouncy house and lot of fun to be had at the “Super Playground.”

For more information, call the Meteorological and Oceanographic office at 257-0404/2839.

New Baby Expo Celebrates Babies

Stroll down the aisles of the Neal Blaisdell Exhibition Hall May 21 and 22, from 10 a.m. to 5 p.m., to find the latest products and services and entertainment geared toward parents and their babies.

Find the perfect nanny with “Nanny On the Net” or learn simple sign-language techniques that you and your baby can use to communicate. Looking for maternity or children’s clothes? Need a children’s photographer? The vendors at the expo have just about everything you need to take you from the first stages of pregnancy to your child’s first birthday and beyond.

Bring your children for a romp in the Gymboree Play Area, sing along with free Kindermusic classes, and visit with Winnie the Pooh and Strawberry Shortcake. Also, the Baby Crawling Contest has returned, by popular demand, May 21 at 1 p.m., as well as Hawaii’s Largest Baby Shower, May 22 at 1 p.m.

Admission is \$4.50 and children 5 and under are free.

For more, call 239-2229 or visit www.newbabyexpo.com.

Honolulu Zoo Sets Aside Day to Appreciate Military

All active and retired armed services members and their families are invited to enjoy Military Appreciation Day at the Honolulu Zoo, June 4 from 10 a.m. to 4 p.m., at no charge.

The day will begin with a concert by the U.S. Marine Corps band, followed by a blessing, hula, parade of the colors, welcoming remarks, and more musical entertainment through the day.

In addition to visiting the thousands of animals resident at the zoo, for the keiki, there will be opportunities to participate in face painting, animal-mask coloring, a feed-the-animals game and a hands-on skull/bio-fact table.

Be sure to arrive early as the first 5,000 armed forces personnel and their family members will receive a free picnic lunch.

Military ID cardholders can park for free at Kapiolani Community College where a free shuttle bus service will operate from 9:30 a.m. to 4:30 p.m., to and from the zoo.

Armed services personnel and their families should enter the zoo at the Monsarrat Avenue gate across the Waikiki Shell parking lot. The Zoo’s main gate on Kalakaua Avenue will be open for the general public’s use.

Scholarship in Honor of Fallen Marine Announced

New Horizons Computer Learning Centers of Hawaii has announced The Lance Cpl. Darrell Schumann Memorial Scholarship to be awarded annually to one Oahu graduating senior who wishes to pursue a career in information technology.

The scholarship includes an all-expense-paid certification program to prepare the student for a career as a network administrator. This package is valued at more than \$20,000.

Deadline for applications is May 27. For more details, visit www.NHofHawaii.com or call Deeanna Ellis at New Horizons for application information at 441-3416, or e-mail her at dellis@nhofhawaii.com.

Comedian Doug Stanhope Cancels June Shows

The June 10 and 11 shows by Doug Stanhope have been cancelled by The Laugh Factory, citing a scheduling conflict.

Refunds are being offered at the point-of-purchase for all ticketbuyers, including at the Blaisdell Box Office and all Ticketmaster locations. Call (877) 750-4400 for more details.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Automobiles

’97 Oldsmobiles Silhouette Minivan, V-6, A/C, power sliding door, 95k miles. Asking \$5,000. Call 254-5028.

’03 Ford Explorer, black, V-8, fully-loaded, in excellent condition, 19k miles. Asking \$24,000 or best offer. Call 253-0648.

Motorcycles

’97 Suzuki GSX-R600, 18k miles, DynoJet Stage 1 jet kit, NGK spark plugs, EBC HH pads, Goodridge braided lines, Galfer wave rotors, Yoshimura RS-3 bolt-on exhaust system, Pirelli Diablo tires, JTS sprockets and 520 chain, frame sliders, NRC race billet engine covers, and more. Asking \$4,200 OBO. Call Mark at 477-8321 (days) or 626-1717 (evenings).

Yard Sale

Friday and Saturday, 7 a.m. at 6580-B Shimabukuro Place at MCB Hawaii, K-Bay.

Miscellaneous

12-foot by 16-foot Berber carpet, with pad, cream-colored, \$125 OBO; external Hewlett Packard CD-writer, \$40 OBO; Fisher Price deluxe travel swing, \$20 OBO. Call 227-8656.

LONELINESS, From B-3

Join a family support group

This is one of the best things about being a part of the military family. Getting together with others who are going through what you are going through really helps the loneliness. Family groups plan get-togethers, picnics, halfway parties — things that are fun and pass the time. Many times family groups volunteer to spend time at local senior centers or volunteer to do something in conjunction with their town. Some have even volunteered as a group to work with Habitat for Humanity. These are definitely not whining and moaning sessions.

Teach a class

Share what you know with others at your base family center, the local YW- or YMCA, American Red Cross, or at the many other places that are looking for good teachers.

Explore your environment

Living in Hawaii, you have the unique opportunity to become familiar with and enjoy the activities not just on Oahu, but also those on the outer islands for a relatively inexpensive sum, from the top of the tropical rain forests down to the warm waters of the Pacific ocean. Whether it's exploring the alien landscape of vast lava fields on the Big Island, or biking down Haleakala after sunrise on Maui, or hiking up the Koolau Mountain Range, or practicing to become a certified SCUBA diver, your options are limited only by your imagination.

There are a lot of things that you can do to fill your time if you just look for them. Once you get up and go, pretty soon you'll be wondering just where the time went.

Susana Choy contributed to this article.

Use Your Head ... Wear a Helmet



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